

How can I support myself to be resilient?

Challenging Negative Automatic Thoughts (NATs)

When we get lots of NATs popping into our brains, we can try to stop them by challenging the negative thoughts with positive thoughts!



"I always do badly in tests!"

Negative Automatic Thought



"I have done well in tests before"

Positive thought

Problem Solving

Learning how to break problems down and resolve them can be a helpful skill to support our resilience.

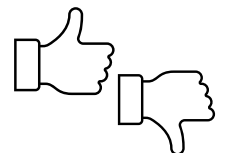
Step 1 – Possible Solutions

Think of a few different things you could do to help with the problem



Step 2 – For and Against

What are the good things or not-so-good things about this solution? Do I think it will solve my problem? Rate your solutions out of 10 to help you decide which solution is best.



Step 3 – My Action Plan

Do I need to do anything to prepare for my solution, such as asking an adult for help or planning when/where I will do it.



Step 4 – Give it a go!

Try out your solution and check the outcome after. If you have resolved the problem this is fantastic! If not, you could think about a different solution or make small changes to your original solution to help it work better.

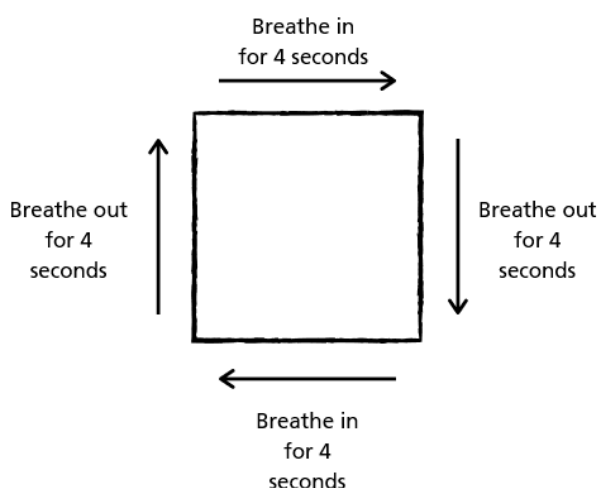


Top tips for looking after yourself

- Try to get a good night's sleep. The recommended amount of sleep for 4–12-year-olds is 9-12 hours' sleep per day.
- Eat a nutritious breakfast to help fuel your brain and body. Make sure you stay hydrated! Research shows that what we eat can affect how we feel; eating and drinking well can help us feel better.
- Get active! Moving your body is clinically proven to improve mood and help your mental and physical wellbeing



Box breathing



Progressive Muscle RELAXATION

Scrunch up your forehead like you are thinking hard! Squeeze it... hold for 10 seconds... Relax!



Squeeze your eyes tight like you are about to blow out candles... No peeking! (hold for 10 seconds)... and relax.

Pretend to be chewing a big piece of gum! Its had to chew, but keep going! (hold for 10 seconds)... and relax.



Try and touch your shoulder blades together, Squeeze tight! (hold for 10 seconds)... and relax.



Sit up super straight, stretch your lower back and tummy! (hold for 10 seconds)... and relax.



Make your legs as straight as you can! Pretend your are frozen! (hold for 10 seconds)... and relax.

Press your feet into the ground as hard as you can! Push! Push! (hold for 10 seconds)... and relax.

